RELOCATION INFORMATION FOR

NS Barking Sands Hawaii

Information Date April 02, 2003

Visit the SITES Web Site at http://www.dmdc.osd.mil/sites

Installation

Installation Overview

The Pacific Missile Range Facility (PMRF) is a Pacific Training Range that is uniquely capable of also supporting RDT&E programs. We are a fifth echelon command reporting to the Commander in Chief, Pacific Fleet via the Command, Naval Air Pacific and Command, Patrol Wings Pacific.

PMRF is a fleet range which provides instrumental range support (radar, underwater tracking telemetry, electronic warfare, target command control, communications, launching facilities, data display, data processing and target/weapon launching and recovery facilities) to the fleet and all Department of Defense agencies, the National Aeronautics and Space Administration (NASA), the Department of Energy (DOE), Advanced Research Projects Agency (ARPA), and authorized contractor development programs. It is a total environment range with capabilities of providing real time and post operational data on underwater, surface, air and space vehicle (ballistic missiles and satellites) and scientific atmospheric rocker probes (DOE and meteorology).

Precision tracking, real time display and data recording of ships, aircraft and missiles are provided by eight long-range, high-accuracy digitized radars. The Barking Sands Underwater Tracking Systems consist of a 1,000-square-mile, high accuracy three dimensional system. The underwater range provide for real time three dimensional track of submarines and underwater weapons and targets.

Must Know Items

BRINGING YOUR FAMILY

ENTRY APPROVAL is required from PMRF prior to moving family members to Kaua'i because of extremely limited housing. You are cautioned against bringing your family with you unless you have ENTRY APPROVAL, as reimbursement for dependent travel will not be authorized.

MEDICAL SCREENING

PMRF has limited medical services, therefore strict medical/dental screening is required prior to transfer. Family members will utilize CHAMPUS (TRICARE Standard), as care through the military system is not available. Specialized services i.e., orthodontics are not available. Medical conditions, no matter how slight, may be disqualifying. If questions exits on

this matter, contact PMRF AUTOVON (315) 471-6203.

UNACCOMPANIED BILLETING

There is a mandatory billeting assignment policy for unaccompanied Navy personnel in pay grades E-4 and below. Possession of excess household goods that cannot be accommodated in BEQ spaces is not justification to live off base. Non-temporary storage of household goods is recommended in CONUS due to very limited non-temporary storage at JPPSO.

PACKING UP YOUR HOUSEHOLD SHIPMENT

In the past, PMRF personal property shipments were subject to below-normal weight restrictions. This is no longer true; you may now ship your personal effects according to normal weight regulations for your pay grade. Should your PCS orders show a limitation on the personal property shipment allowed, it is recommended you have your orders amended to allow full shipment of personal property for your pay grade. However, be aware that weight restrictions are strictly enforced; those who's shipments are overweight will be billed.

WHAT NOT TO BRING - When planning your move, there are some items you should consider storing on the mainland. Obviously, furs and heavy winter clothing are unnecessary in Kaua'i's subtropical climate, although some may be needed for trips back to the mainland. And if you plan to live in government quarters, you will NOT need your own refrigerator, washer, dryer or range. Housing Office will NOT move the refrigerator and range already installed in your quarters. Pitting, rusting and corrosion of metal due to the sea air is a problem on Kaua'i. Consider leaving your fine silver, copper, pewter, brassware and other valued metal items on the mainland. If that is not feasible, when you arrive in Kaua'i, wrap those items carefully and pack them away. Even manufacturer's protective coating on metal items are ineffective against corrosion here. ADVANCE SHIPMENT - should contain items which will enable you to sustain basic housekeeping for 30 to 40 days prior to arrival of your full shipment. Dishes, silverware, pots and pans, coffee maker, kitchen linen, bedding, towels, broom, mop, portable baby crib, futons or air mattresses are among suggested items. Some kitchen items, towels and blankets may be obtained for temporary use from MWR's ALOHA KITS. Since family housing baths have built-in shower doors, shower curtains are not needed. All family housing windows are covered by vertical blinds and floors are

uncarpeted. Nice-to-have items for the advance shipment include electric fan, portable radio and/or TV, small hibachi or barbecue, portable card table and chairs, beach chairs and towels. The PMRF Housing Office will loan "basic necessities" furniture for up to 90 days to new arrivals awaiting their household effects shipment. If you have already been assigned quarters, at your request, your sponsor may arrange to have these items placed in your housing unit prior to your arrival.

BRINGING YOUR VEHICLE TO HAWAI'I

PMRF Barking Sands has experienced some trouble with personally-owned vehicle (POV) shipments from the East and West Coasts of the United States. Some Household Goods offices have been booking POV's only as far as Pearl Harbor.

PMRF is on another island, and further shipment of POV's by barge to the port at Nawiliwili, Kaua'i is required. In order to avoid a possible three-to-four week delay in receiving your vehicle, insist that your vehicle be shipped to Nawiliwili, Kaua'i (Code XF2). Hawai'i Motor Vehicle Insurance Requirements - The "Hawai'i No-Fault Law" requires every owner of a car, bus, truck or motorcycle to have no-fault insurance. If you are planning to ship your automobile to Hawai'i, you should IMMEDIATE ACTION to have your automobile insurance company change your existing policy to be in compliance with the "Hawai'i No-Fault Law." If your insurance company is authorized to do business in Hawai'i or you presently have a no-fault policy, the policy could be automatically converted by your company to a no-fault policy that complies with the Hawai'i law. If your insurance company is not licensed to do business in Hawai'i, you may have to cancel your present policy and arrange to obtain a nofault policy from an insurance company licensed to sell automobile insurance in Hawai'i (cancel your policy only after the vehicle arrives in Hawai'i to ensure vehicle coverage in transit). Motorcycle insurance rates are high; motor cyclists are encouraged to investigate rates prior to shipping a motorcycle.

REGISTERING YOUR CAR

All cars must be registered with the State of Hawai'i within thirty CALENDAR days after the car is picked up. Non-residents may keep their out of state license plates until they expire, but the car must be registered in order to get an out-of-state vehicle permit sticker (\$5.00). YOU WILL HAVE TO PAY PENALTIES IF YOU DO NOT REGISTER YOUR

CAR OR GET AN OUT OF STATE PERMIT WITHIN THIRTY CALENDAR DAYS.

When you do apply for Hawai'i plates, cars owned by non-resident military members can be registered for \$15.50 for the first year and \$.50 renewal each year thereafter, but make sure you submit the DF-L-50 form. The service member's name MUST appear on the title or the lease to be eligible for this rate. All other vehicles will be assessed a rate based on weight and size of vehicle. When registering for Hawai'i plates you must present:

- a. Current Registration
- b. Certificate of Ownership (title) unless held by lienholder.
- c. Hawai'i No-Fault Insurance Card You must show proof of insurance to get the safety inspection. Heavy fines are levied against offenders. The first offense is a fine of \$1,000. The second offense is a \$3,000 fine.

To get Hawai'i No-Fault insurance you must obtain a Hawai'i abstract of Traffic Record, even though you just arrived. An abstract may be obtained at District Court Office for a \$7.00 fee per person.

- d. Hawai`i State Vehicle Safety Inspection Certificate (yellow copy)
 - e. Bill of Lading (if the car is shipped)
- f. Certificate of Non-Residency, DF-L-50 (available at PSD or legal offices).

LEASED CARS - You must have a Power of Attorney from the lessor authorizing the service member (by name) to register the car in the State of Hawai'i. The POA must specify the vehicle identification number (VIN). Hawai'i DOES NOT WAIVER the registration fee on LEASED CARS.

BASE DECAL

In order to drive your motor vehicle aboard PMRF, you must obtain a base sticker by registering at the Pass and Identification Office. When registering, you will need to submit:

- (1) Registration of vehicle with the State of Hawai'i or a state tax exemption certificate;
- (2) Valid driver's license;
- (3) Hawai'i safety check receipt;
- (4) Proof of no-fault insurance. When registering your motor cycle or motor scooter, you must show required safety gear.

(5) Lease agreement that has the service member's name on it and the car VIN.

CORROSION

Metal corrosion is a significant problem due to the sea air. Those who wish maximum protection for their vehicles should consider undercoating.

PRIVATELY-OWNED WEAPONS

Weapons (firearms, knives, bow & arrows, martial arts items, etc.) must be registered with the local police department and security during your check-in. Weapons may be secured in family quarters but not in the barracks, BEQ or BOQ. Arrangements should be made to store weapons with off-base civilian storage facilities or the PMRF security station.

MANDATORY PET QUARANTINES:

Hawai'i is a rabies free state which maintains stringent pre-entry and quarantine requirements for dogs, cats and other pets. As of May 23, 1997, Hawai'i state law was amended to allow for a shortened Hawai'i quarantine period of 30 days provided certain pre-arrival requirements are met. This shorter quarantine period will mean a large savings for pet owners provided they meet the pre-arrival requirements. Please request a complete packet which includes all necessary forms and

Geographically Separated or Satellite Locations

PMRF is the only military installation on the Island of Kaua'i.

instructions from the Animal Quarantine Branch by calling (808) 483-7151 to ensure you have information on all pre-arrival and post-arrival requirements.

NOTE: THE PETS OF PERSONNEL GOING ON TO BARKING SANDS WILL REMAIN IN HONOLULU AT THE HALAWA QUARANTINE STATION. A VOLUNTEER PROGRAM IS IN PLACE TO VISIT THE PETS WHILE AT THE STATION.

NOTE: CURRENTLY THERE IS A REIMBURSEMENT FOR MEMBERS PCS'ING TO HAWAI'I WITH ANIMALS, NOTIFY PSD UPON CHECK-IN THAT YOU HAVE AN ANIMAL IN QUARANTINE TO RECEIVE THAT REIMBURSEMENT.

For additional information REFER TO THE RELOCATION PET QUARANTINE SECTION of this booklet.

PLANT IMPORTATION

A maze of regulations designed to protect the State's agricultural industry govern the movement of plants and seeds between the Mainland and Hawai'i. To prevent embarrassment, check with the State Department of Agriculture at (808) 483-7151 before you bring any agricultural products to the islands.

Nearby Installations (Listed Separately in SITES)

All nearby installations are located on the island of O'ahu. You may ask your supervisor about visiting O'ahu so that you may utilize the services provided by the installations.

Nearby Installations (Listed Separately in SITES)

State/Country	Site Name	Service	Distance
Hawaii	COMNAVREG (Oahu)	USN	125 miles
Hawaii	Hickam AFB	USAF	125 miles
Hawaii	MCBH Kaneohe Bay	USMC	125 miles
Hawaii	Schofield/Shafter	USA	125 miles
Hawaii	USCG ISC Honolulu	USCG	125 miles

Regulations

TRAFFIC. Hawai'i State traffic laws apply on PMRF. Seat belts are mandatory. State, local and base officials can stop vehicles for suspected non use of seat belts. Child seats/restraints are mandatory for children under 40 pounds.

VEHICLE CHECKS All vehicles entering or leaving PMRF are subject to search.

SAFETY INSPECTIONS A safety inspection is required in the State of Hawai'i. Your vehicle must be inspected as soon as it is picked up. All vehicles operated on public highways must have an official safety inspection once a year.

Name: Department of Vehicle Registration
Address: 4444 Rice, Suite 466
City: Lihu'e, HI 96766
Phone: (808) 241-6577
Comments:
Hours of operation are 7:30 am to 4:30 pm Monday

Hours of operation are 7:30 am to 4:30 pm Monday through Friday.

Name: Drivers License
POC: Department of Finance
City: Lihu'e, HI
Phone: (808) 241-6550
Comments:
Hours of operation are 7:30 am to 4:30 pm Monday
through Friday.
Name: PASS and ID
Phone: (808) 335-4493/94
DSN Phone: (315) 471-6493/4

Commonly Referenced Numbers

Name	Commercial	DSN
Administrative Office	808-335-4234/5	315-471-6234/5
Air Operations Department	808-335-4310/1	315-471-6310/1
Aircraft Maintenance Department	808-335-4616	315-471-6616
Auto Hobby Shop	808-335-4439	315-471-6439
BEQ	808-335-4383/4	315-471-6383
Barber Shop	808-335-4450	315-471-6450
Civilian Personnel Office	808-335-4415/7	315-471-6415/7
Command Career Counselor	808-335-4056/4375	315-471-6056/6375
Command Master Chief	808-335-4247	315-471-6247
Convenience Store - Shoppette	808-335-4300/4350	315-471-6300/6350
Division Office	808-335-4488/4729	315-471-4488/4729
Duty Office	808-335-4254/4743	315-471-6254/6743
Family Advocacy Representative (Located at Pearl Harbor)	808-473-9458	315-473-9458
Fire Station (Emergency)	808-335-4333	315-471-6333
Fleet and Family Support Center	808-473-4222	315-473-4222
(Located at Pearl Harbor)	000 170 1222	010 110 1222
Galley	808-335-4249	315-471-6249
Housing Office	808-335-4342	315-471-6342
MWR	808-335-4446	315-471-6446
Medical Corpsman	808-335-4203	315-471-6203
Military Personnel Office	808-335-4494	315-471-6494
Navy Exchange	808-335-4300/4350	315-471-6300/6350
Personnel Support Detachment (PSD)	808- 335-4493	315- 471-6493
Postal Facility	808-335-4422	315-471-6422
Public Affairs Office	808-335-4740/1	315-471-6740/1
Public Works Office	808-335-4213	315-471-6213
Range Operations Department	808-335-4665	315-471-6665
SEPTAR Department	808- 335-7503/07/02	315-471-7503/07/02
Security (Pass & Badge Office)	808-335-4221	315-471-6221
Security Officer/Manager	808-335-4649/4523	315-471-6649/6523
Sponsorship Coordinator	808-335-4676	315-471-6676
Supply Office	808-335-4640/4644	315-471-6644/4640
Transient Barracks	808-335-4383	315-471-6383

<u>Calls made from any phone on Oahu to PMRF are free, just dial the (471-XXXX) number</u>

Transportation

Off base transportation may be arranged with Assistant Officer of the Day, DSN 315-471-6254, COMM (808) 335-4254.

Commissary and Exchange Operations

For more information on this subject: NAVY EXCHANGE http://www.navy-nex.com

Commissary: There is no commissary at Barking Sands. However, the Exchange offers an assortment of food items, including bread, milk, eggs, canned and frozen food perishables. Soda, beer and liquor are also available.

The Navy Exchange is conveniently located near the family housing area. A branch of the Pearl Harbor Navy Exchange, it stocks such items as housewares, cameras, film, jewelry, tobacco products, a limited selection of uniform and clothing items, records, tapes, stereo equipment and small appliances. Particular brands and other items such as washers, dryers, air conditioners, furniture, power mowers, etc., may be ordered through the PMRF Exchange from Pearl Harbor at no extra cost to the customer.

The Navy Exchange laundry/dry cleaning service, performed by a concessionaire, operates from the main retail store.

The Barber Shop is open one day a week on an appointment basis, and is co-located with the Exchange Cafeteria on the main base.

A limited stock of furniture items are offered and special orders are available.

The Navy Exchange Gas Station is located across from the postal facility near family housing. Its gasoline prices are lower than in the civilian community. However, gasoline is expensive on Kaua'i.

Local Community

Local Community Overview

For more information on this subject: COMMUNITY INFORMATION http://www.hawaii.gov

Kaua'i is pronounced ka-WAH-ee with the accent on the "wai" and a glottal break between the last two syllables (as in Hawai'i). A general translation of the word Kaua'i is "time of plenty" or "fruitful season." Know as the Garden Island, Kaua'i is famous for its flowering shrubs, vines and trees that grace the countryside year round with a beautiful background of every shade of green imaginable. Mount Wai'ale'ale, "Rippling Water," rising to 5,170 feet at Kawaikini Peak in the very center of the island, is the wettest spot on earth with 465 inches of annual rainfall, and is the source of Hawai'i's only navigable rivers.

The beautiful Mount Wai'ale'ale also inspired the island's ancient name, "Kaua'i-a-mano-ka-lani-po" which means "The fountainhead of many waters from on high and bubbling up from below." Kaua'i is also a land of contrasts with the startling rocky grandeur of Waimea Canyon, the virgin purity of Killable Valley, where wild cattle, goats, pigs and deer graze, the sunny desert warmth of the west side, and on the north shore, beautiful Lumahai Beach, known to many as Bali Hai in the movie "South Pacific." Geologically, Kaua'i is believed to be the oldest of the inhabited Hawaiian Islands, being the first of a chain of volcanic mountains to erupt from the sea and the first to become extinct. Historically, it is also the oldest of the group. Archaeological findings indicate that Kaua'i was probably inhabited over 1,000 years before Captain Cook's landing in Waimea on January 19, 1778. Kaua'i is the northernmost of the inhabited islands that make up the state of Hawai'i, and is located 95 miles northwest of O'ahu. It is roughly circular in shape, with a diameter of 32 miles and and area of 55 square miles. Kaua'i of today is a modern community with a population of approximately 55,000. Kauai's major industries are agriculture and tourism. Cattle roam several large ranges and numerous smaller ones. Hogs and chickens are raised and marketed.

On Kaua'i, as in all of Hawai'i, the tourism industry is increasing rapidly. Four major resort areas with their corresponding hotels, shops, restaurants and recreational facilities employ many island residents. Hawai'i's cost of living is higher than that of most mainland areas, especially for housing and food. Some food items may be cheaper than on the mainland, but for the most part, transportation costs from the west coast represent the major cost difference. A new world of eating awaits you in Hawai'i, inspired by the mixed ethnic background of the residents, Filipino, Portuguese, Japanese, Chinese and Hawaiian dishes are common. Most vegetable and fruits can be grown here with relative ease. Garden enthusiasts thus have an excellent opportunity to shrink their grocery bills considerably.

Mangoes, papaya, bananas, plums, guavas, lilikoi (passion fruit), coconuts and other fruits grown wild on the island, providing an additional no-cost food source and many delightful new tastes.

HISTORY:

The Legend of Barking Sands: There was an old Hawaiian fisherman who lived in a hut near the beach with his nine dogs. During his fishing trips he would tie his dogs to stakes in the sand, three to each of three stakes. He would then get into his canoe and go fishing. One day while he was at sea and the dogs were tied as usual, he was caught in a very bad storm. For hours he battled the heavy seas until he was finally able to return to land. He was so exhausted that he crawled to his hut, forgetting to untie his dogs. When he awoke the next morning and went outside, the dogs were nowhere in sight. All he saw were three small mounds of sand where the dogs had been tied. As he stepped on one of the mounds, he

heard a low bark. Another step brought another bark, Still he couldn't find the dogs. Believing the dogs had been buried in the sand because of the storm the day before, the fisherman began to dig. As each shovel full was removed, more sand took its place. He finally gave up, and every day after that when he crossed the beach he could hear the low barking. The dogs were never found, and to this day the sands of Mana have been know as Barking Sands. The scientific explanation of this phenomenon is that the grains of Mana sand are tiny, hollow spheres. When rubbed together, the give off a popping sound similar to the barking of dogs. This only occurs when the sand is very dry. Wet sand gives off almost no sound.

Time Zone Chart

Hawai'i Standard Time is (ZULU -10). The state does not participate in daylight savings time.

Time Zone Chart

Location	Adjustment for GMT
Pacific	-8
Mountain	-7
Central	-6
Eastern	-5
Greenwich (United Kingdom)	0
Central European (Germany)	1
East Asia (Japan)	9

Climate

The climate of Kaua'i is subtropical. Temperatures at Barking Sands rarely exceed 90 degrees or falls below 65 degrees. Consequently, heavy winter clothing is not required. However, sweaters and windbreakers are useful in the wintertime (December through March). The typical northeast trade winds blowing across Kaua'i result in a relatively "wet" (east) side, and "dry" (west) side. Barking Sands,

being on the coast in the center of the west side of the island, is quite dry, with a desert-like climate of sunny, warm days and cool nights. There are two "seasons," wet: from about late November through April (even during the wet season there is an abundance of sunny days at Barking Sands); dry: May through November. The sea air does pose a corrosion problem to all metal items, particularly on automobiles.

Climate

Month	High	Low	Humidity	Precipitation
January	79	61	81	3.9
February	79	61	78	2.8
March	79	63	73	3.6
April	79	65	69	1.7
May	81	67	67	1.3
June	83	70	66	.6
July	83	70	67	.6
August	83	70	68	.7
September	85	70	68	.7
October	83	68	70	2.0
November	81	67	75	3.3
December	79	65	79	3.5

Events Calendar

For more information on this subject: EVENTS CALENDAR http://www.visit.hawaii.org

There are many events that occur in the islands throughout the year. Hawai'i commemorates many of its historical events with parades and celebrations.

Name: Admission Day

City: ALL ISLANDS, HI

Comments:

AUGUST 18 The state holiday recognizes

Hawai'i's statehood.

Name: Aloha Festivals
City: ALL ISLANDS, HI

Comments:

SEPTEMBER/OCTOBER This traditional celebration, started in 1946, preserves Hawaiian native culture. Crafts, music, dance, pageantry, street parties and canoe races are all part of the festival.

Name: Bon Odori

City: ALL ISLANDS, HI

Comments:

 $\mbox{End of JULY}$ - \mbox{AUGUST} $\mbox{Buddhist temples invite}$ everyone to festivals that honor ancestors and

feature Japanese dancing.

Name: Captain Cook Festival

City: Waimea, Kaua'i, HI

Comments:

OCTOBER - Honoring the British explorer who came to the island in 1778, Kaua'i offers a reenactment of the captain's landing, canoe races, and a three-day fair at Waimea.

Name: King Kamehameha Day

City: ALL ISLANDS, HI

Comments:

JUNE Kamehameha united all the islands to become Hawai'i's first King, making Hawai'i the only state to have a royal background. In addition to parades and fairs, twin statues of the King in Honolulu, O'ahu, and on the Big Island are draped in giant leis.

Name: Lei Day

City: ALL ISLANDS, HI

Comments:

MAY 1 The annual flower-filled celebration includes music, hula, food and lots of leis on exhibit and for sale, some of them exquisite floral masterpieces.

Name: Prince Kuhio Festival

City: ALL ISLANDS, HI

Comments:

MARCH 26 The local holiday honors Prince Kuhio, who might have been a King if Hawai'i had not been granted statehood. Instead the man became a respected congressman.

Cultural Attractions

For more information on this subject: http://www.visit.hawaii.org

Lihu'e's Kaua'i War Memorial Convention Hall has been the focus of many of the island's cultural events. Symphonies, opera, drama, lectures, art shows and dances, have been presented there, as well as high school and college productions. The Kaua'i Museum and Cultural Center, also in Lihu'e, displays artifacts from Kaua'i's past and exhibits works of local and national artists. There are also museums in Koke'e and Hanalei and several art galleries around the island.

Recreation Opportunities

For more information on this subject: MWR RECREATIONAL ACTIVITIES http://www.mwr.navy.mil

Kaua'i is truly a paradise for the outdoor person or sports enthusiast. Snow skiing is about the only activity not actively pursued on Kaua'i (however,the Big Island of Hawai'i has snow skiing). Activities include hiking, hunting, camping, fishing, canoeing, water skiing, surfing, windsurfing, swimming, snorkeling, SCUBA, sailing, four wheeling, motorcross, bicycling, flying, golfing, tennis, softball, baseball and polo. Clubs on PMRF are active in some of these areas; others are pursued in off-base organizations or on an individual basis.

Name: BARKING SANDS RECREATION AREA
Address: P.O. Box 128
City: Kekaha, HI 96752
Phone: (808) 335-4379
DSN Phone: (808) 471-6379
WWW Link: http://www.pmrf.navy.mil
Comments:
Beachfront cabin rentals, campsites available

Military Related and Civic Organizations

The Fleet Reserve Association is very active on the island of Kaua'i.

Name: Navy League
POC: Special Events Coordinator
Phone: (808) 332-9005

Shopping

The large shopping areas are located in the Lihu'e area, approximately 45 minutes to an hour drive from the base. A mall with 20 to 30 stores, KMART, WalMart, Longs, Borders and many specialty shops are available to name a few.

Name: Kaua'i Village
Address: 4-831 Kuhio Highway
City: Kapaa, HI
Phone: 808 822-4904
E-Mail: ewlord@lava.net
Proximity to site: Approximately one hour drive.
Comments:
Maior stores include; Safeway, Wyland Gallery,

ABC Store and other small shops.

Name: Kukui Grove Center	
Address: Highway 50, just east of Lihu'e	
City: Lihu'e, HI	
Phone: 808 245-7784	
FAX: (808) 246-9583	
Proximity to site: Approximately 45 minute drive	
Comments:	
Hours are from 9 am - 5 p m Major Stores include:	
Long's Drug's, Star Market, K-Mart, Borders	
Bookstore, Home Fashions, Hawaiian Heirloom	
Jewelry, Zales, Sears & Macy's.	

State and Community Social Service Agencies

The Department of Human Services offers support programs for children and battered spouses. Employment as well as unemployment services are also offered.

Name: Department of Human Services
POC: Gail Takasugi-Ignacio
Phone: (808) 274-3320

Non-Profit Social Service Agencies

None to list at this time on Kaua'i. Kaua'i is serviced by the Pearl Harbor Fleet and Family Support Center. You may ask your chain of command about visiting O'ahu to utilize their services. SEE ALSO FAMILY CENTERS under the SUPPORT SERVICES SECTION of this book.

Name: Fleet and Family Support Center
Address: 820 Williamette St.
City: Pearl Harbor, HI 96860- 5108
Phone: (808) 473-4222 ext 222, 223

Religious Activities

Although there are no religious services offered on the base, there are many different religious denominations available in the civilian community. Name: Naval Station Chaplain Office

Address: P. O. Box 47

City: Pearl Harbor, HI 96860- 6000

Phone: (808) 473-3971

Community Transportation

Kaua'i has a public bus that has a pick up point in Kekaha, five minutes from the base. It runs from Kekaha to Lihu'e on the hour.

Coordination for pickup upon arrival at PMRF should be made through your sponsor or through the PMRF Duty Office, (808) 335-4254, DSN 315-471-6354.

Education

Education Overview

For more information on this subject: DEPARTMENT OF EDUCATION http://doe.k12.hi.us/

Hawai'i is the only state in the nation where public education is administered on a statewide basis. Hawai'i's statewide school program is the eighth largest in the United States and the only single-unified system in the nation. There is one Hawai'i State Board of Education and one executive administrator, the Superintendent of Education. This state school system is composed of seven school districts, four on the Island of O'ahu, one on the island of Hawai'i, one for the islands of Maui, Lana'i, and Moloka'i, and one for the islands of Kaua'i and Ni'ihau.

POLICIES AND PROGRAMS

With certain exceptions, all children between the ages of 6 and 18 MUST attend either a public or private school, however certain home-school programs are recognized. For public schools, the birth date cut-off is December 31 of the year in which school begins. Private schools may have different cut-off dates. Kindergarten, for which a child must be five years of age by December 31st is optional. Parents home schooling their children should contact the district office for information regarding Hawai'i State Policy. SEE HOME SCHOOLING IN HAWAI'I.

HOME SCHOOLING IN HAWAI'I.

Recently, Hawai'i's Board of Education revised the DOE regulation to include Compulsory Attendance

Exceptions. This revision recognizes home schooling as a viable and legitimate educational alternative for children. The new regulation allows parents to home school their children by merely informing the DOE with a notice of intent. This notice can be accomplished by using a DOE Form 4140 containing the name and address of the child, phone number, birth date, grade level, and signature of parents. This notice of intent does not imply that approval is needed by the State Superintendent but, rather, that it will be acknowledged as a matter of record and will allow the Department to assist parents in their educational efforts.

Other home schooling requirements include an annual report and testing for students in Grades 3, 6, 8, and 10. Home-schooled children will be eligible to participate in the minimum testing program at the public schools or parents may choose to arrange for private testing at their own expense. A student who wants a high school diploma can obtain one by achieving a satisfactory score on the General Education Development (GED) Test that is administered by the various community schools. The diploma will reflect high school equivalency through Adult Education. Families are required to notify the principal if the home schooling is terminated or if another educational program is initiated. For more information when you arrive in Hawai'i, contact the Principal of your assigned school or the DOE Communications Branch (808) 586-3232/3230, or write to: STATE OF HAWAI'I, DEPARTMENT OF EDUCATION, P.O. BOX 2360, HONOLULU, HI 96804.

SCHOOL ASSIGNMENT

DOE assigns children to a public school based on their place of residence. Children of military personnel assigned to NS Barking Sands and residing on base attend Kekaha Elementary or one of the private elementary schools in the area, and Waimea High School. There are also boarding schools in Honolulu and some of the neighboring islands. If you wish to send your child to a public school other than the one assigned: SEE GEOGRAPHIC EXCEPTION.

GEOGRAPHIC EXCEPTIONS

Students who wish to attend a school other than the one assigned, may file a "Request for Geographic Exception" either at their assigned school or the school they wish to attend. Approval of the exception is based on space availability and on four priority considerations: 1) Student resides with a

responsible adult living in the receiving school's area; 2) Student wants to attend a program of study not available in the assigned school; 3) Student has parents who are staff members of the receiving school; and 4) Student has sibling already enrolled in the receiving school. Schools with more applicants than spaces will use a chance selection process to approve or disapprove an application. Appeals of denial should be made within 10 school days after the denial. The appeals of denial will be reviewed by the district superintendent of the receiving school, who will render a full, written decision within another 10 school days.

Once accepted at a school on a geographic exception, students may continue at the school through their final year. However, the student must inform the school if he or she intends to leave the school. A geographic exception may be revoked, if the information upon which an application was based is found to be false.

REGISTRATION

Parents with school-age children arriving during the summer months are advised to contact the school or district office. Early registration is helpful to both the school and the pupil. All students new to the state public school system must also bring in proof of a physical examination (preferably using a Hawaii State form) and immunization records. Students who live with someone other than their legal parent or guardian must bring a guardianship document. Students transferring into the public schools will need the following items at the time of registration:

- 1. Release Card and SIS 11 for local transfer
- 2. Birth Certificate for out-of-state students
- 3. Form 14 (Health Record) for out-of-state students
- 4. Results of Tine Test (Tuberculosis) or chest x-ray
- 5. Copy of the approved geographic exception, if applicable

HEALTH REQUIREMENTS

The State DOE requires that students entering Hawai'i public schools for the first time complete the following before admission to school: physical examination within one year prior to school entry; TB skin test (negative result) or chest x-ray within one year prior to school entry; polio immunization, four or five doses, provided that the last dose was given after age three. Also measles, rubella, mumps, diphtheria and tetanus immunizations including basic series of three dose and two booster.

Provisional enrollment. The law allows 90 days to complete all the health requirements except for the tuberculin test. A signed statement from a Doctor must be provided stating the student is in the process of completing health requirements.

TRANSCRIPTS

Each student is allowed two transcripts free of charge. There is a charge of \$1.00 per transcript thereafter. (This includes transcripts to private schools). For students requesting to hand carry a copy of his/her records to the next school, transcripts will be marked "unofficial" and there is a \$.20 copying charge per page.

Students requesting transcripts fill-in a "Request for Transcript Form" which must be signed by the parents unless the student is over 18 years of age or married.

COMMUNICATION WITH PARENTS

Principals and staff in Hawai'i's public schools will be glad to provide necessary information about their schools to parents and will welcome parental interest and involvement with the schools. Parent-Community Networking Centers, staffed with paid or volunteer facilitators exist in most schools to help parents and the public become part of the school community. Due to the funding crisis that exists in Hawai'i's public schools, teachers and administrators work with increasingly limited supplies, and many times a large class size. Support from parents and the community is essential, and volunteers are welcomed with open arms. If you have some time to give, call your school Volunteer coordinator or the Principal.

Parents can expect to be called or to receive written notices from the school regarding unexplained absences, disciplinary problems, or unsatisfactory academic progress by students. In turn, parents should call the school principal about problems they encounter. Problems that are not resolved satisfactorily at the school level may be referred to the appropriate district superintendent. If your problem is not resolved at this level, you may need to go to the State Superintendent level. It is federally mandated that every child be given equal opportunity to learn. Do not allow lack of communication or miscommunication to affect your child's quality of education. Although Hawai'i is a state system, they are governed by many of the same Federal guidelines and regulations as mainland schools.

Additional information about the public schools also may be obtained by calling the Hawai'i State DOE Communications Branch at (808) 586-3232/3230.

Public and DODDS Schools

For more information on this subject: DEPARTMENT OF EDUCATION http://doe.k12.hi.us/

There are no schools operated by the Department of Defense in Hawai'i. All public schools are under the Hawai'i Department of Education and accredited by the Accrediting Commission for Secondary Schools of the Western Association of Schools and Colleges. Accreditation by this prestigious body requires that schools undergo regular assessments, followed by recommendations for improvements as warranted.

QUALITY OF GRADUATES:

Approximately 65% of Hawaii's public school graduates pursue additional schooling either in colleges and universities or in vocational and technical schools. Students in Hawai'i's public schools have consistently gained a fair share of national recognition for their scholastic achievements, winning National Merit scholarships, military academy appointments, college ROTC scholarships, Century III scholarships, Presidential scholarships, and other awards in electronics, mathematics, science, writing and art.

1999 Stanford Achievement Test results are available on the DOE website (Listed above Education Section) or can be obtained from the DOE Testing office at (808) 733-9003 or fax a request to (808) 733-4492. The Stanford Achievement Test (SAT) is a reading and math exam given to all third, sixth, eighth, and tenth graders annually, and is published for all public schools. The results compare each school's averages with the overall national averages.

JUNIOR ROTC

JROTC is a four-year elective program of instruction emphasizing leadership development, citizenship, self-discipline, character development, and basic military subjects. It provides a curriculum geared toward a military career as well as offering practical vocational educational experiences. Completion of JROTC may qualify students for a higher rate when they enlist in the armed forces or can lead to advanced placement in the senior division ROTC at the college level. The JROTC Program introduces students to all branches of the military without obligation to enlist.

Name: Kaua'i Complex Area
POC: Superintendent
Address: 3060 Eiwa St.
City: Lihu'e, HI 96766
Phone: (808) 274 - 3502

Name: Kekaha Elementary
POC: Principal
City: Kekaha, HI
Phone: 808 337-7655
Proximity to site: 3 miles
Comments:
Grades 7 - 8

Name: Waimea High School
POC: Principal
City: Waimea, HI
Phone: 808 338-6800
Proximity to site: 6 miles
Comments:
Grades 9 - 12

Private Schools

For more information on this subject:

HAWAI'I ASSOCIATION OF INDEPENDENT SCHOOLS

http://www.hais.org

Many families choose to send their children to private school here in Hawai'i. There are a large number you may choose from, based on your financial restrictions, and curriculum interests. It is recommended you do some research before paying any pre-registration deposits or signing any contractual agreements. Remember that private schools sometimes don't offer the before and after school daycare programs, or transportation services that the public schools offer. Private schools are licensed by the Department of Education and are required to provide a program of instruction equivalent to the minimum standards established by the state. No state funds are expended on their operation. There are approximately 35,000 students enrolled in 125 private schools including those that specialize in Special Education. Those enrolled represent nearly 17% of the school age population in the state.

Tuition ranges from about \$1,200 to \$10,000 annually depending upon the school, grade of the attending student, the need for room and board, and comprehensive fees (which may include books). Additional fees such as music, art, uniforms, books,

registration, deposits or meals should be taken into consideration. Most schools require entering students to take the Secondary School Admission Test or present a prior report card and undergo a personal interview. For more information or to obtain a copy of the Private School Directory call the Hawai'i Association of Independent Schools (HAIS) at (808) 973-1540. Your best source for additional information is your SPONSOR. If you have not been contacted by your sponsor, call your receiving command.

All Schools require a skin (TB) test and physical be done within a year prior to entering school on Kaua'i. No child will be allowed to start school without these tests completed. DPT, OPV and two-shot series for MMR are required within 90 days of enrollment. Refer to HEALTH REQUIREMENTS section.

Name: St. Theresa's Catholic
POC: Principal/Priest
City: Kekaha, HI
Phone: 808 337-1548
Proximity to site: 3 miles

Name: Waimea Baptist Preschool
POC: Principal
City: Waimea, HI
Phone: 808 338-1227/1755
Proximity to site: 6 miles

Colleges and Universities

Basic and special interest classes for adults are conducted in many schools under the direction of an Administrator of Adult Education.

Kaua'i Community College offers a two year degree in a wide range of subjects. It is located in Lihu'e, approximately 45 minutes from the base.

University of Phoenix offers a two and four year degree in a limited subject range. Classes are taught in Lihu'e.

Several on-line educational programs are available. For more information see the Educational Service Officer or Command Career Counselor, telephone 335-4254.

Name: Pearl Harbor Navy College
Phone: 473-5754
WWW Link: http://www.pearlharbor.navy.mil

Name: Pearl Harbor Navy College

WWW Link: http://www.navycollege.navy.mil

Adult or Continuing Education

See Colleges and Universities Section.

Name: Kaua'i Community College
City: Lihu'e, HI 99766
Phone: (808) 245-8225
WWW Link: http://www.kauaicc.hawaii.edu
Proximity to site: Approximately 45 minutes

Special Education

Note: Barking Sands has limited medical facilities. Personnel with family members in need of special education can expect their cases to be screened on a case by case basis prior to receiving an assignment to this station.

If you are a parent of a child with special needs, you will find help for the correct placement of your child at the "home school" or assigned school that serves your housing area. As soon as you have been assigned quarters, or found housing in the community, call the office of your assigned school and make an appointment to see either the counselor or the principal. If your child has been determined to be legally handicapped, either physically or mentally, or has been diagnosed with a learning or behavior disorder, hand carry all your documentation, to include copies of IEPs with you. DO NOT send this paperwork with your household goods shipment, as you will need it when you meet with the receiving school staff. This will speed up the placement process.

If your child has not been officially certified, but you feel your child needs to be evaluated, ask the principal to initiate a formal assessment. It is your right as a parent to receive this service. (If you arrive during the summer, many principals and permanent office staff will be on vacation. In this case, ask for a Form 0-42. Fill it out and give it to the clerk. It will be sent to the district office and will start the process).

It is recommended that you, as a parent, make informed decisions regarding your child's accommodations in the public school system. Here in Hawai'i there is currently a critical shortage of teachers with certifications in Special Education, Learning Disabilities, and Emotional Handicaps. Before enrolling your child in a school, it is

recommended you become familiar with the particulars of their Special Education program and staff. The schools are required by Federal law to meet certain time requirements in regards to the evaluation, placement, and implementation of a student's individual education plan (IEP). These federally mandated procedures are meant to allow the parents to play an active role in the initial decision-making process, the creation of the IEP (individual education program), and regular assessment of progress.

If you need assistance or have questions concerning your child's needs, contact the EFMP (Exceptional Family Member Program) Coordinator at Tripler Army Medical Center, or you may call the Fleet and Family Support Center EFMP Liaison at (808)473-4222 x245.

Employment

Employment Overview

Job seekers should take advantage of every opportunity to prepare for their job search in Hawai'i's competitive job market both before getting here and after they arrive.

You may be eligible to collect unemployment compensation to assist you while job searching once you arrive here. Compensation is paid by the state you are currently working in and the requirements vary widely. For example, Hawai'i will normally pay unemployment compensation if you quit your job as a result of your spouse's military reassignment and if you worked up to a week before your departure, otherwise your claim may be denied unless you have adequate justification. It is ALWAYS a good idea to check with your current state's unemployment compensation department to determine eligibility requirements based on your own personal circumstances. Claims may be initiated in your current state or after you arrive here. Call the Unemployment Insurance Division at (808)274-3043 for further information. Address: Claims Office, 310 Kuhio Hwy #c12, Lihue, and for the web address click on the link below.

According to the State of Hawai'i's Employment Outlook for Industries and Occupations (1994 - 2005), the total projected job opening should amount to 18,505 per year. Of these jobs, the service occupations will have the greatest number of jobs followed by professional, clerical, production and sales occupations. The smallest number of openings will be in managerial and agricultural positions.

Many job seekers expect Hawai'i's wages to be commensurate with the high cost of living. Unfortunately, this assumption is inaccurate and lower than expected wages come as a disappointment to many. Keep in mind that salary raises may come sooner when a company finds a good employee; before turning down a job on salary alone, find out if there is any room for negotiation. Hawai'i minimum wage is \$6.25.

Name: Department of Labor and Industrial

Relations

WWW Link: http://www.dlir.state.hi.us/

Federal Civilian Employment for Spouses

Federal employment at Barking Sands is VERY LIMITED. Check with your current civilian personnel office for listings in Hawai'i.

MILITARY SPOUSE PREFERENCE PROGRAM:

The DOD spouse preference program is available to spouses who accompany an active duty member who is relocating under a permanent change of station. This program is available to spouses who are: 1) on leave without pay status, 2) married to the military sponsor prior to the sponsor's reporting date into the new geographic location and accompanying the member on their orders to the new location and 3) immediately appointment to a job in the competitive service (i.e. current federal employee with reassignment or transfer eligibility, reinstatement eligibility, or E.O. 12721 eligibility and meet suitability and citizenship criteria).

Questions concerning Military Spouse Preference Program should be directed to:

Name: Human Resources Service Center, Pacific

Region

Address: 178 Main Street, Bldg 499 City: Honolulu, HI 96818- 4048 Phone: (808) 474-0025 ext303

Permanent Employment Resources

For more information on this subject: JEMS Job Bank

http://http:jemshawaii.com

Conducting a successful job search involves being prepared and using available resources to find out about job opportunities in your geographical search area. The Pearl Harbor Fleet and Family Support Center (FFSC) can assist you in both of these areas. In addition to workshops and individual appointments, the FFSC's client resource center has several computers, a laser printer and a library with over 250 titles - all devoted to assisting job seekers in the process of searching for a career, preparing for a job search and finding out about job opportunities. Employment Counselors can also provide you with access to the Joint Employment Management System (JEMS) job bank that is on-line at the web address above right. The JEMS Job Bank contains an average of 1,400 job listings on a monthly basis from approximately 4,000 companies.

Name: Spouse Employment Assistance Program
POC: Louella Cazimero-Bactad
Address: 820 Williamette St.
City: Pearl Harbor, HI 96860-5108
Phone: 473-4222 ext 245
FAX: 473-5753
E-Mail: cazimelk@pearlharbor.navv.mil

Temporary Employment Resources

Check with temporary agencies in the community. Some temporary assignments occasionally are announced through the federal system.

Non-Paid or Volunteer Opportunities

No program in place at this time.

Chambers of Commerce

For more information on this subject:

HAWAI'I VISITOR'S AND CONVENTION

BUREAU

http://gohawaii.com

For more information on this subject, please refer to the web link located above.

The only chamber of commerce is located in the city of Lihu'e.

Name: Kaua'i Chamber of Commerce
Address: P.O. Box 1969
City: Lihu'e, HI 96766
Phone: 808 245-7363
FAX: 808 245-8815
Proximity to site: Approximately one hour drive.

Private Sector Employment

There is one private contractor that operates on the base and has employment opportunities from time to time.

Name: Range Operating Services/Base Operating
Services
POC: ITT Federal Services Corp.
Address: P.O. Box 799
City: Kekaha, HI 96752- 0799
Phone: (808) 335-4024
FAX: (808) 335-4489
DSN Phone: (315) 471-6510
E-Mail: lgaspar.itt@pmrf.navy.mil

Government Employment

For more information on this subject: GOVERNMENT EMPLOYMENT http://www.usajobs.opm.gov

Employment prospects are poor; however, there are a few resources available.

Name: HRO Liaison Office
POC: Human Resource Liais
Address: Commanding Officer PMRF
PO Box 128
City: Kekaha, HI 96752-0128
Phone: (808) 335-4736
DSN Phone: (315) 471-6736
DSN FAX: (315) 471-6520
E-Mail: paistem@pmrf.navy.mil
WWW Link: http://www.pmrf.navy.mil

Name: Navy Exchange
Address: Building 1260
City: Barking Sands, HI
Phone: (808) 335-4300
DSN Phone: DSN 471-6300
WWW Link: http://www.navy-nex.com
Comments:
Hours of operation: M,T,W & TH 0900 - 1700; F
0930-1800: S. S & Holidays 0900 - 1500

Name: Non-Appropriated Funds (NAF)
POC: Human Resouce Office
Address: P.O. Box 128
City: Kekaha, HI 96752
Phone: (808) 335-4672
FAX: (808) 335-4769
DSN Phone: (315) 471-6672
DSN FAX: (315) 471-6769
E-Mail: mwrdir@pmrf.navy.mil

Professional or Occupational Licensing

The State of Hawai'i requires licensing for a variety of occupations. If you are in a profession that normally requires licensing, find out when tests are given or what paper work is required for licensing location before you move. This will avoid frustration over missed opportunities during your job search.

Some of the professional licensing agencies (on the Island of O'ahu) include:

Office of Professional and Vocational Licensing 1010 Richards Street, Honolulu, HI 96813, Phone (808) 586-3000. Provides appplications/licensing for 40 occupations. Some of the most requested include: LPN; RN; Social Worker; Cosmetology; Physical Therapy, CPA, etc.

Teacher Recruitment/Certification P.O. Box 2360 Honolulu, HI 96804 (808) 586-3420

Networking Opportunities

Organized networking is limited on the island. Word of mouth is the best opportunity for networking at Barking Sands. Let people know that you are looking for employment.

Medical And Dental

Aloha from the Medical Department, Barking Sands.

You are about to spend your next tour of duty on the MOST beautiful island in the Hawaiian Chain, Kaua'i, which is appropriately known as the "Garden Island."

In spite of all it's beauty, there are a few definite drawbacks. One being that the medical department is particularly concerned with the low-availability of medical care.

The PMRF Medical Department consists of One (1) Independent Duty Hospital Corpsman. There is no medical officer, no dental officer or nurse. The clinic

consists of an Admin office, a small treatment room, a minor laboratory capable of doing routine tests and a small pharmacy stocked with antibiotics, decongestants and antihistamine. No X-ray facilities are available on base.

There are two types of medical services offered at PMRF Barking Sands: a) active duty personnel and b) family members.

a. ACTIVE DUTY MEDICAL SERVICES

Routine sick call, minor emergencies, and general health maintenance are offered on base for active duty personnel. Some conditions requiring extensive treatment or X-rays may be referred to the local community hospital or medical clinic.

Major emergencies will be seen at the nearest hospital which is approximately 10 miles from the base. In the case of emergencies requiring hospitalization, or the need for a specialist, you would be stabilized at PMRF and flown by MEDEVAC to Tripler Army Medical Center on the island of O'ahu.

Dental Care is available on the island in case of emergency. Routine dental care will be accomplished during one of the quarterly visits to PMRF by Dental personnel from the Naval Regional Dental Clinic, Pearl Harbor.

There are no specialty services available for Active Duty on Kaua'i, i.e., Orthopedics, Opthalmology, ENT, etc. These are all scheduled by appointment on O'ahu.

b. FAMILY MEMBER MEDICAL SERVICES

Provided that Family Member Entry Approval is obtained, all medical care is available through TRICARE only. The IDC on base is NOT authorized to treat family members, no matter how minor the situation is. While most services are available on Kaua'i, it is quite limited, i.e., one orthopedic, two orthodontists, one ophthalmologist, 2-3 pediatricians, two hospitals, etc. A few dentists accept the Family Member Dental Plan so enrollment in the plan is highly recommended.

Government funded travel for family members to a Military Treatment Facility is NOT authorized except in the following circumstances:

Certain ENT appointments such as Tonsillectomy and PE Tubes. Pediatric Cardiology Medical

conditions not covered by TRICARE/PRIME on the island of Kaua'i.

As you can see, for the health and welfare of you and your family members, overseas screening is critical. A simple review of medical dental records is insufficient. The existence of a medical problem, no matter how slight, needs to be brought to the attention of the overseas screener. Certain facilities may not be available for your medical condition, therefore limiting your medical care. You, as a sponsor of your family members, should request and interview with a member of your current medical department to ensure suitability for assignment on Kaua'i. It is also recommended that you familiarize yourself with TRICARE prior to departure from your current duty station. While this may paint a somewhat bleak picture, you may be assured that you will receive the best medical care available for you and your family.

If you have any questions, you should contact this Medical Department at: Commercial (808)335-4203 or DSN (315) 471-6203.

Medical Services/Directory - on Installation

Medical services are limited to those provided by the independent duty corpsman.

Health Benefits Advisor, Wellness, and CHAMPUS/TRICARE Programs

If you have questions about selecting your Primary Care Manager, your TRICARE contact representative at the Makalapa Clinic, Pearl Harbor, (808) 473-4410, x320.

Name: TRICARE
POC: Makalapa Clinic Beneficiary Service Office
Address: 480 Central Avenue
City: Pearl Harbor, HI 96860-5080
Phone: 1-800-242-6788
FAX: (808) 473-1882
WWW Link: http://www.fhfs.com

Community Hospitals

Kaua'i Veterans Memorial Hospital is located in Waimea, approximately 15 minutes from the base. It offers outstanding care and has emergency facilities.

Wilcox Hospital is located in Lihu'e, approximately one hour from the base. It also offers outstanding care and emergency facilities. Patients in need of hospitalization are normally medivaced to Tripler Army Hospital on the island of O'ahu.

Name: Kaua'i Veterans Memorial Hospital
City: Waimea, HI
Phone: (808) 338-9431
Phone: (808) 338-9431

Name: Wilcox Hospital
City: Lihu'e, HI
Phone: (808) 245-1100

Dental Services/Directory - on Installation

Dental services for active duty personnel are provided by Naval Dental Clinic, Pearl Harbor. Family members are encouraged to participate in the Family Member Dental Plan.

Family Member Dental Plan

To ensure your family receives the dental care it deserves, you are encouraged to enroll your family members in the Family Member Dental Plan (FMDP). Once enrolled in the FMDP you may receive dental care from a civilian dentist of your choice. Be sure to ask your new family dentist before getting an exam or treatment if they accept FMDP.

To be eligible for enrollment in FMDP, family members must live in the United States, Guam, Puerto Rico or the U. S. Virgin Islands and their sponsor must intend to remain on active duty for at least 24 months. Sponsors may enroll their family members by filling out DD Form 2494 or 2494-1 at their personnel office. (NOTE: active duty service members are not covered under this program, just their spouses and children). Personnel assigned overseas have 6 months prior to PCS to enroll under this program. The cost of FMDP is shared between the sponsor and the sponsor's service branch. The sponsor's monthly premium is paid in advance through payroll deduction.

The FMDP is managed by United Concordia Companies, Inc. For more information about this plan, contact the Health Benefits Advisor at any Uniformed Service installation (usually in the CHAMPUS office) or contact United Concordia, Inc. directly.

Name: United Concordia Companies, Inc.

POC: FMDP Customer Service

Address: PO Box 898218

City: Camp Hill, PA 17089-8218

Phone: 1-800-866-8499

Housing

Housing Overview

For more information on this subject: NAVY HOUSING INFORMATION http://www.hawaii.navy.mil/housing/hsgfrontpg.htm

Housing at Barking Sands is limited. Dependent entry approval is needed for family members to be command sponsored. Housing assignment must be made to gain the entry approval. For further information, contact the housing office.

Housing Allowances

Personnel authorized to live in civilian housing receive Basic Allowance for Housing (BAH). Rate is based on pay grade and command sponsored family member status.

COST OF LIVING ADJUSTMENT (COLA):

You will also receive a Cost of Living Allowance (COLA) to offset the state's high prices. The COLA amount varies from \$286.16 - \$1059.66 and is based on the number of dependents, service member's rank, years of service and quarters assignment. Check out www.ditc.mil/perdiem/ocform.html under Hawaii, Island of Kauai, HI003.

Housing Allowances

Housing allowance information is available from the Per Diem, Travel and Transportation Allowance Committee's Web Site:		
Rates and Allowances Home Page	http://www.dtic.mil/perdiem/rateinfo.html	
Basic Allowance for Housing	http://www.dtic.mil/perdiem/bah.html	
Overseas Housing Allowance	http://www.dtic.mil/perdiem/allooha.html	

Government Housing

Please send an Advance Housing Application (DD Form 1746) along with a copy of your orders and Page 2 of service record prior to your arrival to the Housing Office. Your eligibility date for government housing is based on the DATE YOU DETACH.

Personnel seeking housing on the local economy are required by state law to pay in advance, the amount equal to a month's rent for security deposit and the first month's rent. Basic Allowance for Housing (BHA) is paid to offset the high cost of housing in the civilian community.

There are 33 Beds in the BEQ, 6 beds at the Transient BOQ and 14 beds in the transient BEQ. If calling after 1600, leave a message on the answering machine and the manager will return your call.

Enlisted Housing Category Units E1-9 53

Officer Housing Category
Units O1-3 14
O4-5 1
O6 1

Base Housing is equipped with a refrigerator, range, dishwasher, garbage disposal, and ceiling fans in all bedrooms, living rooms, and kitchen area. Also provided is central air conditioning, washers, dryers and window blinds. All units have solar water heaters and water softeners.

Name: Billeting Office
Address: P. O. Box 128
City: Kekaha, HI
Phone: 808 335-4383 DSN 471-6383

Name: Housing Office	
Address: P. O. Box 128	
City: Kekaha, HI	
Phone: 808 335-4342	DSN 471-6342

Community Housing

During the summer months private sector housing costs increase. Since hurricane "Iniki" in September of 92, housing availability in the private sector is limited and family member entry approval is required.

Housing	Deposit	Home Rental	Utilities
1 Bedroom	1000	800	60
2 Bedroom	1800	900	94
3 Bedroom	2000	1100	150
4 Bedroom	2200	1200	200

3 Bedroom Home Purchase \$250,000 3 Bedroom Townhouse Purchase \$225,000

Utilities

Utilities on the civilian economy average:

1 Bedroom = \$75 2 Bedroom = \$100 3 Bedroom = \$150 4 Bedroom = \$200

Relocation Services

Relocation Services Overview

Relocation is a way of life in the Navy and it can be stressful. Many questions arise such as: Where will I stay until I find a place to live? Where will I live? What will my housing cost be? Will there be a change in my cost-of-living? How will I ship my car? Can I take my car? What about my pet? If you have a spouse and/or a family, questions increase: Will my spouse be able to find work? What are the schools like? Will we be able to find quality child care? What about appropriate medical facilities? Will my new neighborhood be safe? What about any special needs my family has? How can I help my children adjust to relocation?

Decisions must be made and your choices can have significant, long-term effects on your life. You need accurate, timely information to make these decisions. That is where the Relocation Assistance Program (RAP) comes into the plan.

You can use the RAP services at any time during your tour, from negotiating your orders through predeparture, arrival and settling in. The RAP is dedicated to making your transition as smooth as possible. RAP works closely with: Joint Personnel Property Shipping Office (JPPSO); Housing; Personnel Services Division; Employment Assistance Program (EAP); The Child Care Center; Community Homefinding Relocation and Referral Service; and many other offices/agencies to ensure it has the answers or can get you to someone who can answer your questions in the most expedient manner. We get you the right information so you can make good decisions and can focus on "making things happen". We encourage you to take advantage of the variety of services available.

Relocation Assistance

For more information on this subject: RELOCATION

http://www.virtualrelocation.com

Relocation assistance services are limited at PMRF, Barking Sands. For further information on these services, you can contact the Fleet and Family Support Center at (315) 473-4222 x245 or e-mail cazimelk@pearlharbor.navy.mil. You may also contact the Command Career Counselor at PMRF, Barking Sands for assistance.

Name: Fleet and Family Support Center
POC: Louella Cazimero-Bactad
Address: 820 Willamette Street
City: Pearl Harbor, HI 96860-5108
Phone: (808) 473-2222/2220 x245
FAX: (808) 473-5753
DSN Phone: (315) 473-4222 (x245)
DSN FAX: (315) 473-5753
E-Mail: cazimelk@pearlharbor.navy.mil
WWW Link: http://www.pearlharbor.navy.mil/ffsc

In Transit Emergencies

Contact the Quarter Deck at (808) 335-4254 or the nearest military installation for assistance.

Financial Preparedness

Personal financial matters should be resolved prior to duty at Barking Sands. The base is isolated and employment opportunities are not good. Working spouses may have difficulty finding employment.

Exceptional Family Member Program (EFMP)

For more information on this subject:

Fleet and Family Support Center, EFMP http://www.pearlharbor.navy.mil/ffsc

Due to the base's isolated location, Exceptional Family Members (who have medical conditions with a higher Category Level) would not normally be stationed at Barking Sands, as all facilities are limited.

Household Goods In-Bound Shipments

All shipments are coordinated thought the local supply office.

Name: Supply Office
POC: Supply Technician
Address: P. O. Box 128
City: Kekaha, HI 96752
Phone: (808) 335-4642
DSN Phone: (315) 471-6642
E-Mail: kupop@pmrf.navy.mil
WWW Link: http://www.pmrf.navy.mil

Household Goods Out-Bound Shipments

All shipments are coordinated through the local supply office.

Household Goods Claims

If you have damage or lost items contact the supply office at 335-4642.

Household Goods Weight Allowances

For more information on this subject: HOUSEHOLD GOODS SHIPMENTS http://www.cic.pearl.fisc.navy.mil/jppso/pp/menu

Each pay grade has its own weight allowance, which is the maximum weight that can be moved at government expense. The allowance includes the weight of household goods shipped, placed in storage or sent as unaccompanied baggage. Anything exceeding the maximum weight allowance must be paid by the service member. All shipments can be reweigh before destination delivery and can be coordinated with the local destination transportation office.

Household Goods Weight Allowances

Household Goods Weight Anowances		
Grade	Allowance w/Dependents	Allowance wo/Dependents
E1	5,000	1,500
E2	5,000	1,500
E3	5,000	2,000
E4	8,000	7,000
E5	9,000	7,000
E6	11,000	8,000
E7	12,500	10,500
E8	13,500	11,000
E9	14,500	12,000
W-1	12,000	10,000
W-2	13,500	12,500
W-3	14,500	13,000
W-4	17,000	14,000
O-1	12,000	10,000
O-2	13,500	12,500
O-3	14,500	13,000
O-4	17,000	14,000
O-5	17,500	16,000
O-6+	18,000	18,000

POV In-Bound Shipments

For more information on this subject: POV SHIPMENT TRACKING http://www.whereismypov.com In order to avoid a possible three-to-four week delay in receiving your vehicle, insist that your vehicle be shipped to Nawiliwili, Kaua'i (Code XF2). Contact the Supply Office for more information.

Name: Supply Office

Phone: 808 335-4642

E-Mail: kupop@pmrf.navy.mil

Comments:

POV Pick Up Location:

Your vehicle will be located at: Nawiliwili Matson

Pier 1 (808) 246-9494

POV Out-Bound Shipments

The Supply Office expedites all requirements for shipment of vehicles from the island.

Name: Supply Office Phone: 808 335-4642

POV Claims

Claims for damage through shipping are handled by the Supply Office.

Name: Supply Office Phone: 808 335-4642

Pet Boarding/Kennels

None on the island.

Pet Licensing

The State of Hawai'i requires all dogs to be licensed in Hawai'i. The present fee for dogs over four months of age is \$10.00 for a two-year license.

BIRDS AND BEGONIAS Most household birds may be brought into the state, but a permit must be obtained prior to shipment. There is no fee. There are restrictions on some less common pets (such as hamsters), so you should check with state authorities before making arrangements for your pet's transportation. Since there are regulations controlling the entrance of live plants into the state, it is wise to check with authorities before you attempt to ship plants. Most fruits and vegetables must be fumigated by the Department of Agriculture before they can be taken from the airport. For further information regarding plants and animals, write to the State Department of Agriculture, 1428 South King Street, Honolulu, HI 96814.

BEWARE THE BUFO Be careful that your dog or cat does not try to eat one of the common tropical toads called "Bufo Marinus." They secrete a toxin from a gland behind the head that can be fatal. Don't leave your pet's water dish out overnight for a toad

may hop into the dish, leaving its toxic secretions in the water. Even this could be fatal to an animal. Children should not wipe their eyes if they have handled a "bufo." Bufos are shy night creatures that may be seen hoping about starting at dusk. They are beneficial in that they consume large quantities of mosquitoes and other insects.

Pet Quarantines

For more information on this subject: HAWAIT'S ANIMAL QUARANTINE LAWS http://www.hawaiiag.org/hdoa/ai_aqs_info.htm

Hawai'i is a rabies free state which maintains stringent pre-entry and quarantine requirements for dogs, cats and other pets. As of May 23, 1997, Hawai'i state law was amended to allow for a shortened Hawai'i quarantine period of 30 days provided certain PRE-ARRIVAL REQUIREMENTS are met. This shorter quarantine period will mean a large savings for pet owners, but all the pre-arrival requirements must be met without exceptions. A brief summary of these requirements is given below:

GENERAL REQUIREMENTS (PRE-SHIPMENT AND POST ARRIVAL):

- a. Two (2) rabies vaccinations given at least 6 months apart with the last vaccination given not less than 3 months and no more than 12 months prior to entry or re-entry into the State.
- b. Serological test no less than 3 months and no more than 12 months prior to arrival in the State and a repeat test after arrival. The test results must be no less than 0.5 International Units. The serological test is known as the OIE Fluorescent Antibody Virus Neutralization (FAVN) test. The test is presently available at Kansas State University and the Department of Defense Laboratory and it is expected that by the time the proposed program is signed into law and implemented that test will be available in Hawai'i.
- c. Microchip identification issued by the State. FAVN test results listed above must be identified by this microchip number in order for the results to be considered valid.
- d. Health Certificate written in English.

All requirements must be met. Failure to meet any one of the requirements would subject the animal(s) to a 120 day quarantine. Go to website listed above or for a free detailed information packet, write to:

Animal Quarantine Station 99-951 Halawa Valley Street Aiea, HI 96701-3246

Be aware if you are planning to bring a pet, many of the major airlines implement a travel restriction when temperatures are too extreme. (either hot or cold). This means that TRANSPORTATION OF PETS IS PROHIBITED DURING THESE TIMES. It is quite common in the summer months, so plan ahead, and check with each airline before you make your travel arrangements. Remember if you have to travel on a separate flight than your pet, you will be charged a separate plane fare for your pet. If the pet travels with you on the same flight, the average charge is \$50, the same as extra baggage.

Name: State of Hawai'i Department of Agriculture
Animal Quarantine Station

POC: Information on dogs and cats
Address: 99-951 Halawa Valley Street
City: Aiea, HI 96701-3246
Phone: (808) 483-7151
FAX: (808) 483-7161

WWW Link:
http://www.hawaiiag.org/hdoa/ai_aqs_info.htm
Comments:
Airport holding area: (808) 836-3228

Name: State of Hawai'i Department of Agriculture Animal Quarantine Station POC: Information on birds Address: 99-951 Halawa Valley Street City: Aiea, HI 96701-3246 Phone: 808 586-0844

WWW Link:

http://www.hawaiiag.org/hdoa/ai_aqs_info.htm

Comments:

Airport holding area: 808 836-3228

Veterinary Services

The Quarantine Station operates a dispensary to provide care for minor ailments among quarantined animals. Owners will be notified whenever conditions noted require intensive care. The temporary release of an animal to an animal hospital may be requested, provided arrangements for such service are made by the owner directly with the selected hospital. Such temporary release is subject to approval by the station veterinarian and is at the expense of the owner. Animals will be transported to and from hospitals by an agent of the quarantine station. Animals are observed daily for abnormalities, however, the owner is responsible for the health of

his or her animal. Those who do not reside on O'ahu and do not have sponsors must make specific requests if notices of minor health problems are desired. It is important for pet owners to establish a veterinarian immediately upon arrival. Contact the quarantine station for specific security regulations concerning veterinary care while pets are under quarantine. Private veterinary hospitals WILL NOT accept animals without prior contact with owners. A list of veterinary hospitals to choose from and make arrangements with to accept your animal(s) in case of emergency is available at the quarantine station. THE STATION WILL NOT BE ABLE TO DELIVER YOUR ANIMAL TO A PRIVATE HOSPITAL IN CASE OF SUDDEN ILLNESS OR SERIOUS INJURY IF THIS IS NOT DONE.

There are five veterinarians on Kaua'i. The nearest is located 30 minutes from Barking Sands in the town of Kalaheo. Numbers are listed in the Yellow Pages.

Pet Transportation

Pets of personnel going on to Barking Sands will remain in Honolulu at the Halawa Quarantine Station. A volunteer program is in place where volunteers will visit the pets while at the station. The member is responsible for transportation of pet from O'ahu to Kaua'i upon its release from the quarantine station.

PCS Reporting Procedures

All inbound personnel must check in with the personnel office.

Name: PSD Kaua'i
POC: Personnel Specialist
Address: P. O. Box 128
City: Kekaha, HI 96752
Phone: 808 335-4493/4
DSN Phone: (315) 471-6493
DSN FAX: (315) 471-6168
WWW Link: http://www.pmrf.navy.mil
Comments:
Hours of operation are from 0730-1130 to 1230-
1600 Monday through Friday

Separation Procedures

All personnel separating will outprocess through the personnel office.

Name: PSD Kaua'i
POC: Personnel Specialist
Address: P. O. Box 128
City: Kekaha, HI 96752
Phone: 808 335-4493/4
DSN Phone: (315) 471-6493
DSN FAX: (315) 471-6168
WWW Link: http://www.pmrf.navy.mil
Comments:

Hour of operation are from 0730-1130 to 1230-

1600, Monday through Friday.

Billeting

For more information on this subject: http://www.pmrf.navy.mil

BILLETING OFFICE POC: George Locke

Location.....: Bldg 1261
Telephone....: (808) 335-4383
DSN.....: 471-6383
FAX....: (808) 335-4194
Hours...: 0730-1600

After 1600 leave a message on the answering machine.

Prior to making travel arrangements for unaccompanied family members entry approval is required. Payment of travel expenses will not be made unless you have this entry approval.

BENEFIT AMOUNTS (TLA):

Due to seasonal pricing, Kaua'i has two TLA Rates. Check with your local PSD for the current TLA rates.

Note: TLA is NOT AUTOMATICALLY GRANTED!! Check with the billeting office to check your entitlements.

Name: Beach Cottage Reservations
Address: PMRF Recreation Center
City: Kekaha, HI 96752
Phone: 808 335-4752
FAX: 808 335-4769
DSN Phone: 315 471-6752

Comments:

Reservations for the beach cottages can be made up to 120 days in advance for PMRF personnel and 90 days in advance by all other eligible personnel.

Prior to making travel arrangements for unaccompanied family members, entry approval is required. Payment of travel expenses WILL NOT be made unless you have this entry approval.

Unaccompanied PCS

Unaccompanied personnel will check in with PSD upon arrival. A room will be assigned at the BEQ or transient quarters.

Support Services

Support Services Overview

Support services are extremely limited at Barking Sands as there is not a Fleet and Family Support Center located on the island. The Fleet and Family Support Center, Pearl Harbor, on the island of O'ahu provides services.

Name: Fleet & Family Support Center
POC: Kathy Koos-Lee
Address: 820 Williamette St.
City: Pearl Harbor, HI 96860-5108
Phone: 808-473-4222 ext 258
FAX: 808-473-5753
DSN Phone: 315-473-4222 ext 258
DSN FAX: 315-473-5753
E-Mail: koosleka@pearlharbor.navy.mil
WWW Link: http://www.pearlharbor.navy.mil/ffsc

Family Centers

For more information on this subject: FLEET AND FAMILY SUPPORT CENTER CLASS SCHEDULE http://www.pearlharbor.navy.mil/ffsc

The Fleet and Family Support Center (FFSC) at Naval Station, Pearl Harbor on the island of O'ahu is the servicing FFSC for PMRF Barking Sands. Program representatives make visits to Kaua'i to

teach classes and offer assistance. You may also ask your command about arranging a visit to the FFSC if you would like assistance.

The Pearl Harbor Fleet and Family Support Center's mission is to support the command by offering services which enhance the quality of life for military members, retirees, family members and Department of Defense civilians.

Some key programs of the Fleet and Family Support Center include:

CLINICAL COUNSELING: Short term counseling services are available to individuals, couples, families, and groups. If necessary, referrals to other military and civilian resources are provided.

CLIENT RESOURCE CENTER: To assist our clients with their transition, job search, career research, and relocation, the FFSC has nine computers for their use that include: America's Job Bank, DoD Job Search, Transition Bulletin Board, Joint Employment Management System, EZ DOT, Standard Installation Topics Exchange System, Word Perfect, OF 612, Resume, MS Word, and Internet access.

DEPLOYMENT: Return and Reunion Services are provided to deployed Navy personnel who are on board ships and submarines. These services are also provided to their family members awaiting their return. This program addresses the experiences of both married and single sailors and prepares them for their return and reunion.

EMPLOYMENT: Employment assistance is available to spouses, active duty military seeking second jobs, and retirees and their spouses. This is made available by means of extensive resources to include job search workshops. Individual counseling and use of Joint Employment Management System (JEMS) are available for eligible client with military ID cards.

FAMILY ADVOCACY EDUCATION AND PREVENTION: Provides prevention and education programs to improve command, community, and individual awareness of domestic violence, child abuse and neglect, and child sex abuse.

PERSONAL FINANCIAL MANAGEMENT: Assistance is available to active duty members and their family members to deal with the high cost of living associated with Hawai'i. Individual/couple

counseling is available to create budgets and assist with debt liquidation.

RELOCATION ASSISTANCE: To ease the stress of moving, relocation assistance is available to both incoming and outgoing active duty members and their families. This assistance is provided by means of workshops, individual or family counseling, and utilizing today's technology of the Internet and the Standard Installation Topic Exchange Service (SITES).

SEPARATION TRANSITION ASSISTANCE PROGRAM (STAP) SEMINAR: A three-day seminar is conducted twice a month for separating military members and their spouses to aid in their adjustment to a civilian lifestyle. Contact your Command Career Counselor to register for the STAP Seminar.

EXECUTIVE TRANSITION ASSISTANCE PROGRAM (ETAP) SEMINAR: This three-day seminar caters monthly to retiring personnel and their spouses at the Pearl Harbor Fleet and Family Support Center. Contact your Command Career Counselor to register for the ETAP Seminar.

SEXUAL ASSAULT VICTIM INTERVENTION (SAVI): Provides classes on sexual assault awarness and rape prevention, trains victim advocates and command reporting requirements, and coordinates a 24-hour victim intervention assistance.

PARENTING PROGRAM: Provides individual and family consultations/referrals and parent education classes and workshops.

VOLUNTEER/OMBUDSMAN PROGRAM: Provides on-the-job training/career exploration and serves as the clearinghouse for on-base and community volunteers. Provides training and support to ombudsmans.

RETIRED ACTIVITIES: Publishes a quarterly newsletter. Provides retiree counseling and benefits and entitlements information and referral.

Name: FLEET AND FAMILY SUPPORT
CENTER
POC: TAP/RAP/SEAP Manager
Address: 820 Williamette St.
City: Pearl Harbor, HI 96860- 5108
Phone: (808) 473-4222 ext 245
FAX: (808) 473-5753
DSN Phone: (315) 473-4222 ext 245
DSN FAX: (315) 473-5753
E-Mail: cazimelk@pearlharbor.navy.mil
WWW Link: http://www.pearlharbor.navy.mil/ffsc

Information and Referral

You may call the military information line at 449-7110 or the quarterdeck at Comm (808)335-4254 or DSN (315)471-6254 for assistance.

Financial Assistance Programs

Financial Assistance is available through PMRF's Financial Advisor.

Name: Financial Assistance Program
POC: Financial Advisor
Address: P. O. Box 128
City: Kekaha, HI 96752
Phone: (808)-335-4646
DSN Phone: (315) -471-6646
WWW Link: http://www.pmrf.navy.mil

Emergency Assistance

Contact the PMRF quarter deck at 335-4254, DSN 471-6254.

Name: PMRF Barking Sands Quarter Deck
Phone: 808 335-4254

Family Advocacy

Family Advocacy at Pearl Harbor can be reached at (808)471-9458. PMRF's Family Advocacy point of contact is the Command Senior Chief.

What is Family Advocacy? This program is a Department of Defense initiative for the intervention and treatment of child physical abuse, child neglect, child sexual abuse, spouse abuse and sexual assault. How does it work? When a suspected case of abuse occurs it is reported to the Family Advocacy Representative (FAR). It is the responsibility of the FAR to investigate and track all cases of abuse. Will one person decide a case? NO!!! After an assessment, a committee will review the case. The

committee is chaired by a medical officer and consists of the FAR, physicians, counselors and investigative personnel. The committee will decide if the allegations substantiated or unsubstantiated, or if the family is in need of services. The committee then recommends a plan of action to the service members' Commanding Officer. The goal of the program is to provide victims safety/support, strengthen families, and keep valuable service members in the Navy.

Single Member Services

There are many activities to keep a single member from being bored in Hawai'i, especially if you enjoy the outdoors. Hawai'i offers swimming at the numerous beaches, diving, boardsailing, golfing, sailing, hang-gliding, surfing, boogie boarding, hiking, and much more. Various agencies sponsor group events so you don't have to do all of the fun things alone. REFER TO THE MWR INFORMATION LISTED UNDER SUPPORT SERVICES for things to do and THE LOCAL COMMUNITY SECTION FOR EVENTS AND RECREATION directories. Call them direct for details.

Support Groups

Currently being developed by base leadership.

Morale, Welfare, and Recreation

The following MWR activities are available.

Name: All Hands Club (Shenanigans)

POC: Manager

Phone: (808) 335-4708

Comments:

Hours of operation are Dinner M-S 1700-2100

Bar M-TH 1600-2300

ar M-TH 1600-2300 Friday 1600-0100 Sat 1800-0100

Name: Arts and Crafts Center
Phone: 808 335-4303
Comments:
Staffed by volunteers.

Name: Auto Hobby Shop Phone: 808 335-4439

Comments:

Hours of operation are M-F 1000-1800 Sat & Hol. 0900-1700

Name: MWR
POC: Manager
Address: Building 1267
Phone: (808) 335-4672
DSN Phone: (315) 471-6672

Name: Movie Theatre

Phone: 808 335-4210 (Recording)

Comments:

Wed - Sun first show is at 1930.

Movies are FREE!!

Name: Sports & Fitness Center

POC: Manager

Address: Building 1294

Phone: 808 335-4379

Comments:
Hours of operation are from 0600-2100

Name: Swimming Pool

Phone: 808 335-4391 **Comments:**

Comments.

Hours of operation are

Tue - Fri 1130-1300 Lap Swim Sat - Sun & Holidays 1100-1700

Chapel Services and Programs

For more information on this subject: CHAPEL SERVICES

http://www.pearlharbor.navy.mil

All Church services provided by the local community as there are no base facilities available. The Pearl Harbor Chaplains provide some services. Contact the Pearl Harbor Chapel at Comm (808) 473-3971 or DSN (315)473-3971

Drug and Alcohol

PMRF Barking Sands has a Drug and Alcohol Program Advisor. The Advisor is available for individual assistance on an as needed basis. For further assistance contact the Counseling and Assistance (CAAC) Center at Pearl Harbor.

Name: Command Drug and Alcohol Program
POC: Command Drug and Alcohol Advisor
Address: P. O. Box 128
City: Kekaha, HI 96752
Phone: 808-335-4203
DSN Phone: (315) 471-6203
DSN FAX: (315) 471-6629
E-Mail: pmrfmatl.lpl@pmrf.navv.mil

Legal Assistance

Many legal pitfalls and everyday difficulties can be avoided by consulting with a Navy attorney at the first hint of trouble. Remember, if it doesn't appear quite right, it's not; if it's too good to be true, it is; and if in doubt, see a lawyer!

For legal assistance, contact the Navy Legal Officer.

Name: Navy Legal Officer	
Address: P. O. Box 128	
City: Kekaha, HI 96752	
Phone: 808-335-4235/4732 DSN 471-6235	

Child And Teen Services

Child and Teen Services Overview

These services are limited. Refer to the Child Care Programs and MWR activities for more information.

New Parent Program

Not available.

Child Care Programs - on Installation

Program Offered	YES/NO
Full Day	Y
Part Day - Preschool	Y
Part Day - School Age	N
Hourly Care	Y
Special Needs Care	Y

Care Type YES/NO RATE (\$) WAITING LIST Infant N
Toddler Y \$1.25 Y
* Pre-School Y \$1.25 Y
* School-Age N

Fees are based on adjusted gross income and are as follows:

^{*} Drop-in Care Hourly Rate

ADJUSTED GROSS INCOME Weekly Fee Weekly Fee

0 - 23,000	40.00	20.00
23,000 - 34,000	45.00	25.00
34,001 - 44,000	55.00	30.00
44,001 - 55,000	65.00	35.00
55,001 -+	75.00	40.00

Name: Child Development Center
POC: Bette Turlington
Address: Building 1283
Phone: 808 335-4453
Comments:
Hours of operation are from 0645 - 1645 Monday -
Friday.

Child Care Programs - Community

Not available.

Things To Do - Clubs and Social

Presently, PMRF has no organized clubs on base.

Things To Do - Recreation and Sports

Refer to the Youth Center and Teen Center Section.

Schools

Refer to the Education Section for this information.

School Age Care

Not available.

Religious Programs

Refer to the Support Services Section for more information.

Special Events

None.

Sponsorship and Support

Not available.

Youth Employment

No organized programs.

Youth Centers

The Youth Center provides a place for children to relax and play pool, games, listen to music and hang out with their friends. Field trips, hiking trips and camping are just a few of the activities offered.

Name: Youth Center
POC: Diane Acoba
Address: Building 1293
Phone: 808 335-4419
Comments:
Hours of operation are from 1500-1800 during the
school year
0730-1700 during the summer

For Teens Only

Contact the Youth Center for more information.

Survival Tips For First Termers

Survival Tips for First Termers Overview

Welcome to Barking Sands! This section is directed toward;

a) our new sailors and b) personnel who get married enroute to their first or new permanent duty stations.

What we will try to do here is provide you some very important information that will save you time, money and encounters with trouble spots associated with arrival at a new duty station. Your single most important asset in today's Navy is the ability to communicate with the growing number of people qualified to answer your questions and provide useful information. So, lets get started, here is some valuable information to know;

Before You Move

First Duty Station: Congratulations, you've graduated from Basic Training or "A" School and have received orders to PMRF Barking Sands, Kaua'i. Visit the Fleet and Family Support Center before you leave Basic Training or "A" School and learn about your new duty station. If you are taking leave before reporting to PMRF Barking Sands, here are some do's and don'ts:

DO's

Review your travel itinerary early. Enjoy quality family time. Keep a travel log and receipts. Secure your original orders and all military records. Contact your sponsor as soon as possible to coordinate arrival plans. Report in a clean, crisp uniform.

You never get a second chance to make a good first impression. Remember - first impression is a lasting impression!

DON'Ts

Don't arrive late. Don't get into trouble with the local authorities, i.e. DUI's, fights. Don't lose your plane ticket.

GETTING MARRIED ENROUTE TO YOUR NEW DUTY STATION? Getting married is one of the most important steps a couple can take in life. Getting married enroute to a new duty station can add a few more factors that you want to consider in addition to the items mentioned above:

- a. Bring your marriage certificate and spouse's birth certificate with you.
- b. If you or your spouse already have children, bring their birth certificates.
- c. The Personnel Office reporting your marriage needs name and address of your spouse's parents; divorce or annulment papers if either of you were previously married; and child custody documents, if applicable.
- d. Hawai'i is considered an overseas duty station even though it is part of the United States. Family members must be screened for overseas suitability. Further, transportation of dependents MUST BE AUTHORIZED ON YOUR ORDERS in order for them to travel at government expense. SUGGESTION: Report to your duty station alone, but with appropriate documents and information, request an order modification, then arrange for their transportation at government expense.
- e. Contact your sponsor with this information.
- f. Before you move contact the nearest military facility for household goods and vehicle shipping information. Your local Fleet and Family Support Center can help you with this information. Contact the Relocation Assistance Office at the Fleet and Family Support Center for relocation counseling, base information, specific expenses of living at your new duty station, Automap, base video and lots of good information.

If your spouse would like information on employment, contact the Employment Counselor at your current duty station. Once you have arrived in Hawai'i, our Employment Counselors will be able to help your spouse with job information.

Be prepared for the high cost of living in Hawai'i. If you choose to live off-base it will cost you about the equivalent of three months rent to move in. This is for security deposits, rent deposits, etc.

If you have not been assigned a SPONSOR, contact your gaining command and request that an assignment be made as soon as possible. Having a SPONSOR will make your move to Hawai'i a lot easier

After You Arrive

Your sponsor will meet you at the airport when you arrive in Hawai'i. If you talked with this person prior to reporting, you should have a ride from the airport to the base. If you don't contact your sponsor, then they will most likely act on the latest information available which is not necessarily the most current. SO KEEP IN TOUCH! Provide them with Flight Information, number of people traveling with you, etc. This lets them plan for your transportation.

Report in to your duty station (remember, make a good first impression by looking sharp).

Make sure your orders are endorsed with the date and time of arrival. Get a check-in sheet and plan on making PSD one of your first stops.

Reporting Procedures

Upon arrival, report to the Personnel Support Detachment for check-in.

Travel Planning

If you are planning to take a vacation enroute to Barking Sands, you may want to check with your local Fleet and Family Support Center at Pearl Harbor and see if they can help plan the trip. Most Centers have computer programs that will do trip planning.

Another consideration may be to join AAA. If you are making a cross country trip, they will provide you with maps and literature for your trip. In addition, membership provides other road service that may come in handy on a cross country trip.

Vehicle Ownership

Refer to the MUST KNOW items for information about vehicle information that is important.

Housing and Billeting

ENTRY APPROVAL is required from PMRF prior to moving family members to Kaua'i because of extremely limited housing. You are cautioned against bringing your family with you unless you

have ENTRY APPROVAL, as reimbursement for dependent travel will not be authorized.

Money Matters

Relocation is expensive. The average military member loses \$2 for every \$3 they spend due to poor planning!!! Be prepared. Develop a financial plan with the Financial Counselor at the Fleet and Family Support Center.

When considering making purchases to buy items for your apartment or barracks room, consider the following:

- 1. Avoid finance companies and credit cards for these purchases. Finance through your credit union. There are local money lending companies, but they usually charge a very large amount of interest.
- 2. Pay cash for minor purchases to avoid paying interest or finance charges.

At A Glance

Facility/Services Summary

Officer and Enlisted Population				
Active Duty Officer	20	Active Duty Warrant Officer	3	
Guard Reserve Officer	0	Guard Reserve Warrant Officer		
Retired (Officer and Enlisted)	0	Foreign Service Officers	0	
Active Duty Enlisted	80	Guard Reserve Enlisted	0	
Foreign Service Enlisted	0			
	Civ	vilians		
Civil Service	119	Wage Grade	8	
Non-Appropriated Funds	54	Family Members -on and off Installation-	0	
Family Services				
Family Centers	0	Teen Centers	1	
Child Day Care	1	1 Family Child Care Certified Homes		
Total Child Capacity	32	Total Child Capacity		
Average Waiting List Time -Months-	0			
Other Services				
Commissary	0	Exchanges	1	
Shoppettes	1	Gas Stations	1	
Movie Theaters	1	Banks and Credit Unions		
McDonalds/Burger King	0	Other i.e. Exchange concessionaires	0	

Housing Summary

Officer Housing				
Senior Officer Waiting	0	Senior Officer 3 Bed Room	9	
Senior Officer 4 Bed Room	0	Senior Officer Other	0	
Company Grade Officer Waiting	6	Company Grade Officer 2 Bed Room	0	
Company Grade Officer 3 Bed Room	7	Company Grade Officer 4 Bed Room	0	
Company Grade Officer Other	0	BOQ	3	
Enlisted Housing				
Senior Enlisted Waiting	0	Senior Enlisted 3 Bed Room	25	
Senior Enlisted 4 Bed Room	0	Senior Enlisted Other	0	
Enlisted Waiting	0	Enlisted 2 Bed Room	0	
Enlisted 3 Bed Room	41	Enlisted Other	0	
BEO	75	Transient Lodging Facilities	6	

Local Community Summary

Type of Housing	Avg.	Low	High
Apartment Rent	900	600	1100
House Rent	1000	700	1400
House Price - Single Family	250	0	0
Townhouse/Condominium Price	225	0	0

Medical and Dental Summary

Medical Facilities							
Medical Treatment Facilities	N	Number of Beds 0 Medical Clinic		0			
Alcohol	N	Allergy	N	Audiology	N		
Cardiology	N	Coronary care	N	Dermatology	N		
Dietary	N	Emergency	N	Endocrinology	N		
		room					
Family Practice	N	General surgery	N	Gynecology	N		
HIV Unit	N	Hematology	N	Immunization	N		
Infect Disease	N	Intensive Care	N	Laboratory	N		
Mental Health	N	Neonatal	N	Nuclear Medicine	N		
		Intensive Care					
		Unit					
Nephrology	N	Neurology	N	Neurosurgery	N		
Obstetrics	N	Oncology	N	Opthamology	N		
Optometry	N	Orthopedics	N	Otolarygnology	N		
Pathology	N	Pediatrics	N	Physical Therapy	N		
Podiatry	N	Primary Care	N	Radiology	N		
Rheumatology	N	Urology	N				
Dental Facilities							
Dental Clinics	0	Adolescent	N	Endodontics	N		
General Dentistry	N	Oral Surgery	N	Orthodontics	N		
Pedodontist	N	Periodontics	N				

Relocation and Support Services Summary

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Military Clubs							
Officers Club		Non-Commissioned Officers Club	0				
Enlisted Club	1						
Recreation							
Arts and Crafts	1	Automobile Hobby Centers	1				
Bowling Centers	0	Recreational Centers	1				
Libraries	0	Music and Theater Locations	1				
Physical Fitness/Sports							
9 Hole Golf Courses	0	18 Hole Golf Courses					
Gyms/Physical Fitness Centers	1	Jogging Paths	1				
Tennis Clubs/Courts	2	Tennis Courts - Lighted	2				
Swimming Pools - Public	1						
Nature/Outdoor Activities							
Outdoor Recreation Centers		Campgrounds					
Fishing Areas	0	Horse Stables	0				

APPENDIX

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